

## ABSTRACT OF THE DISCLOSURE

An improved lift apparatus for use in a treadmill having a support base and a treadbase is disclosed. The lift apparatus includes a lift motor assembly linked to the support base and to a cam. The first cam can be attached to a torsion bar linked to the support base. An incline link bar is linked to the first cam and to the treadbase. The force generated by the motor assembly is efficiently translated from the cam to the treadbase, thereby inclining the treadbase.

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WORKMAN NYDEGGER  
A PROFESSIONAL CORPORATION  
ATTORNEYS AT LAW  
1000 EAGLE GATE TOWER  
60 EAST SOUTH TEMPLE  
SALT LAKE CITY, UTAH 84111